

Early Years Sensory Passport Planning Tool

Child's Name:	
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Mostly <u>over</u> responding to visual information	Possible Solutions for Sensory Passport:
Dislikes bright lights	<ul style="list-style-type: none"> Visual decompression space (e.g. a pop-up tent, or large cardboard box) Sunglasses or a peaked cap for outdoors (if tolerated) Large sunshades for the car and buggy Use shade sail or parasols to create a shaded play area outside Portable pop-up tent so has a visually reduced retreat when out and about Blackout blinds <i>and</i> curtains in bedroom Try to store toys out of sight (in bags or boxes) when not being used Choose calming block colour rather than patterned wallpaper when decorating main living spaces
Dislikes bright sunshine	
Puts hands over eyes or closes eyes in bright light	
Shows distress at the sight of moving objects or fast-paced images	
Will only accept food presented on the plate in a certain way	
Wakes up / struggles to sleep if room is not dark	
Mostly <u>under</u> responding to visual information	Possible Solutions for Sensory Passport:
Is attracted to lights or reflections	<ul style="list-style-type: none"> Use contrasting colours to encourage visual attention (e.g. place a white plate on a red mat)
Is fascinated by shiny objects and bright colours	

Moves fingers/objects in front of eyes	<ul style="list-style-type: none"> Look for toys and activities which provide lots of visual feedback (e.g. glitter wands) Explore visual resources in free sensory toy library https://cerebra.org.uk/download/library-list-sensory-toys/ Play peekaboo in the mirror Use early years magnifying glass or colour paddles to explore surroundings
Stares very intensely at objects	
Likes to watch things that move or spin	
Does not react to seeing self in the mirror	
Does not react when meeting very familiar people (appearing not to recognise)	
Mostly <u>over</u> responding to sound	Possible Solutions for Sensory Passport:
Shows distress at loud sounds (traffic noise, washing machine, hand dryers, toilet flushing etc.)	<ul style="list-style-type: none"> Pre-warn re: sudden loud sounds when possible (e.g. lorry approaching) Purchase a RADAR key for accessible public toilets. Turn hand dryer off at the isolator switch whilst using toilet Use something to muffle sound (e.g. ear muffs, ear defenders; sound cancelling headphones or a hat). <i>NB: ensure that ear defenders are only used for short bursts when absolutely needed</i> Build quiet times into the day to avoid sensory overwhelm Use white noise APPs at sleep times. <i>NB: keep these playing for duration of sleep</i>
Shows distress at loud noises by moving away, crying or holding hands over ears.	
Seeks out (or seems calmer) in quiet spaces	
Dislikes being taken to noisy and busy places (e.g. soft play gym)	
Easily woken by everyday sounds when sleeping / napping	
Mostly <u>under</u> responding to sound	Possible Solutions for Sensory Passport:
Does not respond to voices or name being called.	<ul style="list-style-type: none"> Use other senses to gain attention before talking / asking a question Encourage singing, playing musical instruments, dancing to music Look for cause and effect noisy toys
Ignores / does not react to loud noises (e.g. doorbell, dog barking etc.)	
Likes making noises with objects or by vocalising	
Drawn to noisy toys or loud music	

Mostly <u>over</u> responding to touch	Possible Solutions for Sensory Passport:
Shows distress when hands or face are dirty (with food, messy play etc.).	<ul style="list-style-type: none"> • Some children can cope with ‘messy’ tasks if offered tools, or hand wipes • Offer ‘dry’ messy play (e.g. sensory tray with dried food; mess-free painting with zip-lock bags Make a Super Easy Squishy Paint Filled Colored + Textured Sensory Bag with your Kids - Active Littles %) • Warm baby wipes before use (with a hairdryer) • Explore reusable eco wipes as these can be better tolerated Washable Baby Wipes Cloth Baby Wipes Cheeky Wipes • Use <i>firm</i> rather than light pressure when supporting with self-care (less likely to trigger a negative reaction) • Complete self-care tasks for a few seconds everyday • Count down “5-4-3-2-1-finished” whilst washing face, brushing teeth etc so child can anticipate when it will finish • Explore chewable toothbrushes and Oranurse toothpaste Brush Baby Chewable Toothbrush 2 pack- Boots • Sensory undergarments offer deep pressure which can be helpful for some touch-sensitive children • Companies such as Jettproof and Sensory Smart Clothing sell specialist seam-free socks and undergarments • Look for divider plates to keep food separated • Warm towel on radiator during bath • Hair brushing strategies: Occupational Therapy Strategies Hair brushing (locala.org.uk) • Teeth cleaning strategies: Occupational Therapy Strategies Hair brushing (locala.org.uk)
Shows distress when touching certain textures (e.g. walking on grass, sand etc.)	
Becomes distressed with bathing and / or hair washing	
Dislikes having nappy changed / feel of wet wipes	
Resists being cuddled, holding hands etc.	
Prefers to be naked (e.g. in nappy / underwear)	
Struggled to tolerate different food textures when weaning	
Bothered by sudden changes of temperature (e.g. coming out of warm bath)	
Mostly <u>under</u> responding to touch	Possible Solutions for Sensory Passport:
Doesn't react to things that should be painful (e.g. bumps and falls)	<ul style="list-style-type: none"> • Always check over after a fall or bump • Offer lots of opportunities for tactile and water play
Does not react when tapped or touched.	

Seeks out prolonged water play, splashing, messy play etc.	<ul style="list-style-type: none"> Explore age appropriate 'fiddle toys' e.g. a bead maze, <p>Work on touch discrimination skills*:</p> <ul style="list-style-type: none"> What's in the bag? (Find one of 4 items in a drawstring bag) Find objects hidden in a sensory tray <p>*NB: Avoid items that might present a choke hazard</p> <p>Commercially available activities include:</p> <ul style="list-style-type: none"> Tough and Match Board Teachable Touchable Texture Squares
Enjoys touching certain materials (e.g. fluffy toys, soft blanket)	
Likes to hold something in their hand much of the time	
Responds very positively to / requests tickle games	
Mostly <u>over</u> responding to movement	Possible Solutions for Sensory Passport:
Becomes upset during rough and tumble play (e.g. if lifted up high or swung around)	<ul style="list-style-type: none"> Respect that your child's fear of movement is real and let them try new things at their pace They may need to just sit on new equipment many times before they are ready to try moving on it Practise movement skills at floor level (e.g. practise balancing on a chalk line on the path). Encourage children to climb along rather than up climbing frames Set swings, seats on trikes etc. on the lowest setting so child can reach the floor easily with their feet Children will find equipment which moves unpredictably the most challenging. 'Solid' (metal or wood) climbing equipment is better than equipment made with ropes
Prefers to play lying flat on the floor	
Avoids ride-on toys that move unpredictably	
Becomes upset if placed in/on a swing, roundabout (or other types of moving play equipment)	
Becomes upset if laid on back for nappy changes	
Becomes distressed if travelling in a car (may have found travelling backwards difficult when younger)	
Excessively fearful of standing (or standing unsupported) when first learning to walk	
Mostly <u>under</u> responding to movement	Possible Solutions for Sensory Passport:
Craves physical activity (e.g. being bounced, swung up high etc.)	<ul style="list-style-type: none"> Ensure your child has regular opportunities for physical play (play park, garden play, soft play)

Needed a lot of rocking, bouncing etc. to fall asleep as an infant.	<ul style="list-style-type: none"> Explore indoor jumping resources available to borrow for free from the toy library https://cerebra.org.uk/download/library-list-sensory-toys/ Ensure your child gets the chance to move before having to sit for a while (e.g. before mealtimes or a trip in the car) Ensure your child's feet are supported when completing tabletop tasks or eating. This might be using a small children's chair and table or an adjustable 'Tripp Trapp' style high chair with a footrest Bebe Confort Timba Highchair - Natural Wood very.co.uk Children who lean heavily often have weak core muscles. Activities such as crawling through play tunnels, simple obstacle course and soft play can help develop these. Complete activities 'little and often' to build stamina. Proprioceptive activities are helpful for children who need lots of movement but who become increasingly excitable the more they move around
Relaxes / falls asleep with rides in the car or buggy	
Falls frequently in relation to same age children	
Fidgets or squirms when sitting down	
Appears in constant motion (running, climbing etc, or kicking legs, bouncing on bottom waving arms etc. if not yet walking)	
Becomes distressed if having to stay seated at mealtimes (e.g, prefers to graze whilst on the go)	
Differences processing proprioception (joints and muscles)	Possible Solutions for Sensory Passport:
Driven to seek out active play such as rough and tumble interaction, climbing, and jumping	<p>Children with reduced proprioception need to complete regular activities which fire up their muscles and joints. This could be:</p> <ul style="list-style-type: none"> Crawling activities (e.g., play tunnel, parachute games) Playdough (pound heavily and use an extruder) Squeeze water from sponges in water tray Ride-on toys Climbing Push a doll's pram or pull a toy wagon with heavy toys in it
Enjoys throwing self onto bed, bean bags, sofa cushions etc.	
Likes to lie under heavy objects or squeeze into tight spaces	
Hugs very tightly	
Bites down on hard objects	

Needs to be in contact with a firm surface, tucked in tightly or have physical contact with a parent in order to fall asleep	<ul style="list-style-type: none"> Gardening tasks (watering can, digging, weeding etc.) 'Helping' with chores which involve carrying or resistance (e.g. sweeping, digging, putting shopping away etc.). Chew products, crunchy / chewy snacks <p><i>NB: chose activities suitable for your child's age and interests. Use a child-size brush, spade etc.</i></p>
Appears clumsy and bumps into objects and people	
Bottom shuffled, rather than crawled	
Differences processing taste and texture	Possible Solutions for Sensory Passport:
Limited or unusual diet	<ul style="list-style-type: none"> Children with limited diets only have a few foods which feel 'safe' to them They need lots of opportunities to interact with a new food without any pressure to taste it. Use the other senses to explore new foods, (starting with food's similar to items they already eat). Sensory Play Toolkit.pdf (locala.org.uk)
Very resistant to trying new foods	
Eats materials which are not edible	
Struggle to move on from pureed foods after weaning	
Differences processing internal sensation	Possible Solutions for Sensory Passport:
Does not seem to register when full after eating	<ul style="list-style-type: none"> Offer a consistent portion size Some children do not feel thirsty so need either visual or verbal prompts to drink Have set times for using the toilet scheduled into your child's day Proprioceptive can activities help children become more aware of their body (and internal sensations)
Drinks (or requests drinks) excessively	
Does not appear to feel hungry or thirsty	
Does not seem to notice when passing urine or opening bowels	
Does not appear to notice when unwell	

Planning and Ideas	Possible Solutions for Sensory Passport:
Needs to be shown <i>how</i> to play different pretend play scenarios (e.g. in play kitchen)	<ul style="list-style-type: none"> • Use a visual prompt for multi-step tasks such as washing hands or dressing Do2Learn: Educational Resources for Special Needs • Your child may need to be ‘physically moved’ through a new movement in order to understand what to do • Try modelling different ways of playing with toys to help expand your child’s play skills. Copy pretend play videos on YouTube
Needs to be physically guided through unfamiliar movement (e.g. if attempting to get on a new ride-on toy)	
Repeats the same play activities (again and again all day) unless actively prompted to try something new	